

How to Plan a Lunch Menu

STEP-BY-STEP INSTRUCTION

Revised May 2020

Professional Standards Learning Code: 1100





Arizona Department of Education (ADE)

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

Intended Audience

This training is intended for **School Food Authorities (SFAs) operating the National School Lunch Program (NSLP)**. All regulations are specific to operating the NSLP under the direction of ADE.

Professional Standards

Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Lunch Menu

Key Area: 1000 – Nutrition

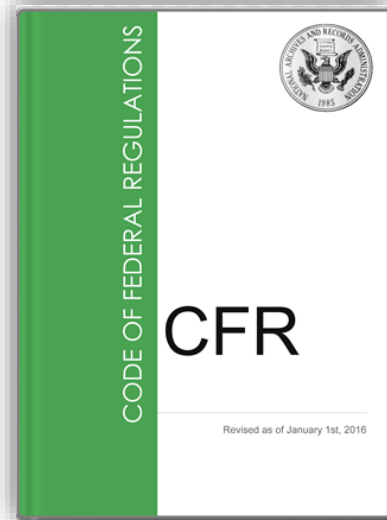
Learning Codes: 1100

Length: 2.5 hours

Objectives

At the end of this training, attendees should be able to:

- understand how to read the Meal Pattern Chart;
- know how to plan meals that meet the daily requirements; and
- know how to review the weekly menu to ensure it meets the weekly requirements.



The instruction within this *How-To Guide* is based on guidance from the Code of Federal Regulations (CFR), §210.10 Meal requirements for lunches and requirements for afterschool snacks.

It is recommended to review the information on the [Meal Pattern Requirements](#) for additional help with understanding the guidance in the CFR.

Definitions

Component: One of five food groups that comprise reimbursable lunches. These are: fruit, vegetable, grain, meat/meat alternate, and fluid milk.

Grade Group: The range of grades for which the component and nutrient specifications applies to when planning a reimbursable menu.

Offer Versus Serve: A meal service option that allows participating students the option to decline some of the food offered as part of a reimbursable menu. For lunch meal service, this is optional for grades K-8, but required for grades 9-12.

Nutrient Specification: The minimum and maximum amount of a specific nutrient that is in the meal/food offered.

Definitions

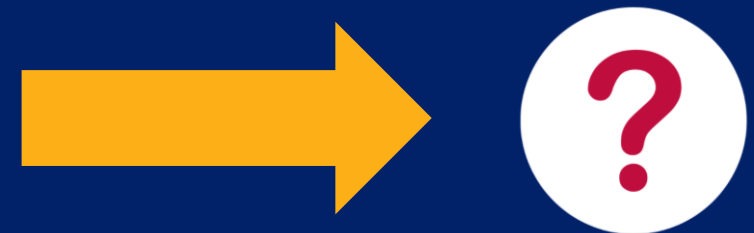
Point of Service: The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

Reimbursable Meal: A meal that a student has at the point of service that will be claimed for reimbursement if it contains the required components from the reimbursable menu.

Reimbursable Menu: A menu made available to all students, that offers the daily minimum and weekly requirements of the NSLP meal pattern.

Serve Only: A meal service option where all participating students receive all five components in the required amounts.

- Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.
- Be sure to review these quiz questions and answers available within the guide.
- This icon will indicate a comprehension quiz question, and the background of the slides will be blue like you see on this slide.



How to Plan a Lunch Menu

This Step-by-Step Instruction will include:

Introduction to the Meal Pattern	Slides 9 – 18
Planning the Menu	Slides 19 – 42
Daily Requirements Review	Slides 43 – 51
Completing the Weekly Menu	Slides 52 – 108
Meeting the Weekly Requirements: Fruit	Slides 109 – 113
Meeting the Weekly Requirements: Vegetable	Slides 114 – 131
Meeting the Weekly Requirements: Grain	Slides 132 – 135
Meeting the Weekly Requirements: Meat/Meat Alternate	Slides 136 – 142
Meeting the Weekly Requirements: Milk	Slides 143 – 147
Meal Pattern Chart Dietary Specifications	Slides 148 – 152
Tips to Help You Menu Plan Like a Pro	Slides 153 – 158

The following slides will only cover how-to instructions for planning a lunch menu. Please refer back to the [ADE Online Training Library](#) for other How-To Guides regarding how to plan a breakfast, supper and snack menu.

Introduction to the Meal Pattern



Introduction

Meal Pattern

In 2010, Congress passed the Healthy, Hunger-Free Kids Act (HHFKA), which revised the meal pattern for the National School Lunch Program (NSLP).

All LEAs who receive federal reimbursement for school meals are required to serve meals that meet these meal pattern guidelines.

This *How-To Guide* will review how to plan a weekly menu that meets the lunch meal pattern requirements.

Introduction

Meet Your Trainer!

I'm Austin the Asparagus, and I will be leading you through this menu planning guide.

Look for me to provide additional details throughout this guide! We will be going through how to plan a lunch menu, but we will not be covering Serve Only and Offer Versus Serve. Please refer to the Offer Versus Serve Manual for details on this meal service and menu planning option.



Introduction

Meal Pattern Charts

Meal pattern charts can be found on the [Meal Pattern Requirements webpage](#).



You can see this is the chart for a 5-Day Lunch menu.

There are also charts available for 4-Day, 6-Day, and 7-Day weeks.

Before moving on, please print the chart that meets your menu planning needs.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must PREPARE all 5 components in required amounts
- At POS: Must SERVE all 5 components in minimum required amount

Offer versus Serve (OVS):

- Must PREPARE all 5 components in required amounts
- At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week

	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (¼)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (¼)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		¾		¾		Minimum creditable amount to count towards a subgroup is 1/8 cup.
To meet weekly requirement, vegetables from ANY subgroup		1		1½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (¼)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.

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Introduction

Planning for the Week



Now that you've printed the chart that meets your menu planning needs, let's get a bit more specific.

Circle the number of days you will be planning a menu for. As you can see, I will be planning for a 5-Day week throughout this guide.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:				Offer versus Serve (OVS):			
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount				<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1		
	OVS: minimum amount to count at POS		½		½		
Total Vegetable (cups)	Weekly (daily)		3¾ (¾)		5 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS		¾		1		
	OVS: minimum amount to count at POS		½		½		
Vegetable Subgroups (cups)			Minimum weekly amounts				
Dark green			½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange			¾		1½		
Beans/Peas (legumes)			½		½		
Starchy			½		½		Minimum creditable amount to count toward a subgroup is 1/8 cup.
Other			½		¾		
To meet weekly requirement, vegetables from ANY subgroup			1		1½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>		8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>		8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Fluid milk (cups)	Weekly (daily)		5 (1)			Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.	

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Introduction

Grade Groups



Next, let's look at the grade groups!

The chart shows the required amounts for the different grade groups in each column.

Please note, there isn't a lunch meal pattern for grades K-12. If you serve all of those grades, you'll need to make sure you serve different amounts of food for grades K-8 and 9-12. Circle the grade groups you're planning for. As you can see, I will be planning for grades K-8 throughout this guide.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:			Offer versus Serve (OVS):			
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount			<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	
Total Vegetable (cups)	Weekly (daily)		3¾ (¾)		5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS		¾		1	
	OVS: minimum amount to count at POS		½		½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		Minimum creditable amount to count towards a subgroup is 1/8 cup.
To meet weekly requirement, vegetables from ANY subgroup		1		1½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.

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Introduction

Weekly and Daily Requirements



This chart also shows you the weekly and daily requirements for each component. The component is listed in the far left column.

The five components are: Fruit, Vegetable, Grain, Meat/Meat Alternate, and Fluid Milk.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only: <ul style="list-style-type: none">• Must PREPARE all 5 components in required amounts• At POS: Must SERVE all 5 components in minimum required amount			Offer versus Serve (OVS): <ul style="list-style-type: none">• Must PREPARE all 5 components in required amounts• At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		5 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1 ¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		Minimum creditable amount to count towards a subgroup is 1/8 cup.
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.

Introduction

Weekly and Daily Requirements



The required weekly amount is listed in each column, and the daily requirement is listed next to the weekly requirement in parentheses ().

Highlight the daily and weekly amounts you'll need to plan in order to meet the meal pattern requirements for the number of days and the grade groups for each component.

I highlighted the component requirements for grades K-8.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:				Offer versus Serve (OVS):			
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount				<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)			5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½			1	
	OVS: minimum amount to count at POS		½			½	
Total Vegetable (cups)	Weekly (daily)		3¾ (¾)			5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS		¾			1	
	OVS: minimum amount to count at POS		½			½	
Vegetable Subgroups (cups)			Minimum weekly amounts				
Dark green			½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange			¾			1½	
Beans/Peas (legumes)			½			½	
Starchy			½			½	Minimum creditable amount to count towards a subgroup is 1½ cup.
Other			½			¾	
To meet weekly requirement, vegetables from ANY subgroup			1			1½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>		8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>		8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Fluid milk (cups)	Weekly (daily)		5 (1)			Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.	

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Introduction

Vegetable Subgroup Requirements



You'll notice there are weekly requirements for the *Vegetable Subgroups*. All subgroups, in the required amounts must be planned throughout the week.

Highlight the subgroup requirements for the grade group you're planning for. We'll cover this in more detail soon, but it's important to see where it's listed on the meal pattern chart.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:		Offer versus Serve (OVS):				
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount		<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable				
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (¼)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (¼)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	¾			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	Minimum creditable amount to count towards a subgroup is 1/8 cup.
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (¼)				Offer two varieties daily Variety: fat content or flavor. Unflavored milk must be offered.

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Introduction

Quantities at Point of Service



There are also rows that outline the quantities that must be on the students' trays at the Point of Service (POS) for Serve Only and Offer Versus Serve.

We will not be covering the differences between Serve Only and Offer Versus Serve today. However, keep in mind that you are still required to plan the serving sizes listed in the Weekly (daily) row, regardless of which meal service option you choose.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:		Offer versus Serve (OVS):				
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount		<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable				
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (¼)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS OVS: minimum amount to count at POS	½	½	½	1	
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		5 (¼)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS OVS: minimum amount to count at POS	¾	¾	¾	1	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1 ¼		
Beans/Peas (legumes)		½		½		Minimum creditable amount to count towards a subgroup is 1/8 cup.
Starchy		½		½		
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (¼)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.

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Planning the Menu



Planning the Menu

Determining Your Grade Group



The first decision that should be made as the menu planner is to determine which grade group you will be planning for.

Since my school has students in grades K-8, I'm going to plan this menu based on the K-8 grade group requirements.

I could have chosen to plan two different menus: one for K-5 and one for 6-8. However, it will be easier for me and my staff if I just plan using the K-8 menu.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:		Offer versus Serve (OVS):					
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount		<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable					
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1		
	OVS: minimum amount to count at POS		½		½		
Total Vegetable (cups)	Weekly (daily)		3 ¾ (¾)		5 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS		¾		1		
	OVS: minimum amount to count at POS		½		½		
Vegetable Subgroups (cups)			Minimum weekly amounts				
Dark green			½			½	No maximum for any subgroup. <i>Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange			¾			1 ½	
Beans/Peas (legumes)			½			½	
Starchy			½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup.
Other			½			¾	
To meet weekly requirement, vegetables from ANY subgroup			1			1 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)		SFA's have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
	Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2		
Fluid milk (cups)		Weekly (daily)	5 (1)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.

Meal Pattern | April 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Planning the Menu

Weekly Menu Planner

Now let's start building our menu!
As we go through this guide, we will fill in one week's menu and make sure we meet all the components and serving sizes as we go along!

You can print out the Weekly Menu Planner which is found on the [Meal Pattern Requirements webpage](#).

You will fill this in to see how it can be used while planning your menu.

5-Day K-8 Weekly Menu Planner

National School Lunch Program

Monday Menu				Monday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input type="checkbox"/>	<input type="checkbox"/>
				cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)	cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup)
				oz eq grain (Must be ≥ 1 oz)	oz eq M/M/A (Must be ≥ 1 oz)
				1 cup milk (Two varieties offered; one is unflavored)	
Tuesday Menu				Tuesday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input type="checkbox"/>	<input type="checkbox"/>
				cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)	cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup)
				oz eq grain (Must be ≥ 1 oz)	oz eq M/M/A (Must be ≥ 1 oz)
				1 cup milk (Two varieties offered; one is unflavored)	
Wednesday Menu				Wednesday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input type="checkbox"/>	<input type="checkbox"/>
				cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)	cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup)
				oz eq grain (Must be ≥ 1 oz)	oz eq M/M/A (Must be ≥ 1 oz)
				1 cup milk (Two varieties offered; one is unflavored)	
Thursday Menu				Thursday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input type="checkbox"/>	<input type="checkbox"/>
				cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)	cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup)
				oz eq grain (Must be ≥ 1 oz)	oz eq M/M/A (Must be ≥ 1 oz)
				1 cup milk (Two varieties offered; one is unflavored)	
Friday Menu				Friday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input type="checkbox"/>	<input type="checkbox"/>
				cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)	cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup)
				oz eq grain (Must be ≥ 1 oz)	oz eq M/M/A (Must be ≥ 1 oz)
				1 cup milk (Two varieties offered; one is unflavored)	
Weekly Checklist					
<input type="checkbox"/> Minimum $\frac{1}{4}$ cup dark green vegetables		<input type="checkbox"/> _____ total cups of vegetable offered weekly (must be $\geq 5 \frac{1}{4}$ cups)		<input type="checkbox"/> No more than 50% of fruit offered is juice	
<input type="checkbox"/> Minimum $\frac{1}{4}$ cup red/orange vegetables		<input type="checkbox"/> _____ total cups of fruit offered weekly (must be $\geq 2 \frac{1}{4}$ cups)		<input type="checkbox"/> Menu analyzed for sodium, saturated fat, and calories and meets requirements	
<input type="checkbox"/> Minimum $\frac{1}{4}$ cup legumes		<input type="checkbox"/> _____ total oz eq of M/M/A offered weekly (must be at least 9 oz eq)		<input type="checkbox"/> At least 50% of grains are whole grain-rich	
<input type="checkbox"/> Minimum $\frac{1}{4}$ cup starchy vegetables		<input type="checkbox"/> _____ total oz of grain offered weekly (must be at least 8 oz eq)		<input type="checkbox"/> No more than 2 oz grain-based dessert offered weekly	
<input type="checkbox"/> Minimum $\frac{1}{4}$ cup other vegetables					

Meal Pattern | May 2020 | Arizona Department of Education | This institution is an equal opportunity provider.



Planning the Menu

Grain and Meat/Meat Alternate

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as <i>at least</i> 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



Most menus offer the grains and meat/meat alternates as part of the entrée, so let's start there!

According to the 5-day meal pattern chart, I need to offer at least: 1 ounce equivalent (oz eq) of grain daily and at least 8 oz eq of grain over the course of the week; let's double check this together.

Continue

Planning the Menu

Grain and Meat/Meat Alternate

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as <i>at least</i> 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



First, let's look for the grain component on the meal pattern chart in the row Weekly (daily) amounts. The first field is for the K-5 grade group. If we keep looking to the right, we will see the header for K-8. For this grade group, I see 8-9* (1). That means I need to serve a minimum of 1 oz eq daily and 8-9 oz eq over the week.

Continue

Planning the Menu

Grain and Meat/Meat Alternate

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as <i>at least</i> 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



The weekly range of 8-9 oz eq means I will have to offer 1 oz eq of each on some days, and 2 oz eq of each on other days. If I only serve 1 oz eq every day, I will not meet my weekly requirements.

The * in each column is a reminder that the weekly maximums for both grain and meat/meat alternate are flexible. However, we encourage you to plan a menu that stays within this range to help you meet the nutrient specifications for each grade group.

Continue

Planning the Menu

Whole Grain-Rich Grain

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as <i>at least</i> 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



SFAs have the flexibility to provide enriched grains as long as at least 50% of grains offered weekly are whole grain-rich. For more information on how to plan grains at lunch, visit the [ADE Online Training Library](#) and take the *Step-by-Step Instruction: How to Plan Grains at Lunch in the National School Lunch Program*.

Please note that no more than 2 oz eq grain-based desserts may be offered weekly.

Planning the Menu

Planning the Entrée

Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>	8-10* (1)	9-10 (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2



What should I plan for the entrée?
I love Swedish Meatballs...

Let's start with those!

Now, do I give each student 3 or 4
meatballs?

My chart says I need to give them at
least a 1 ounce equivalent of
meat/meat alternate.

What does that mean?

MONDAY
Entrée: Swedish Meatballs

Planning the Menu

Crediting Grains and Meat/Meat Alternates

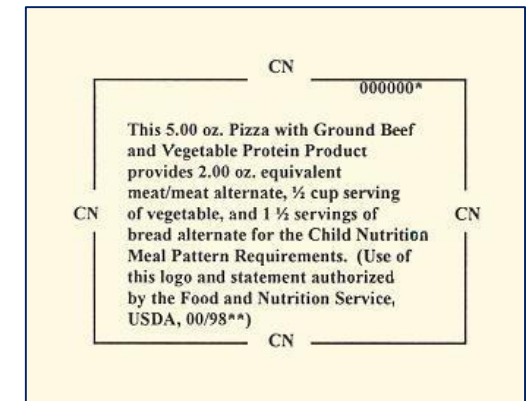
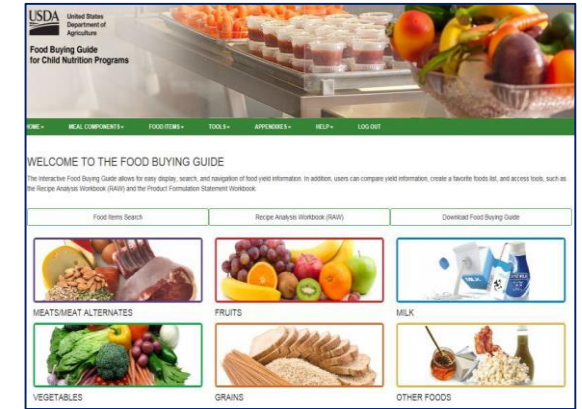


A 1 oz eq means there is enough meat/meat alternate or enough grain to count towards the meal pattern. Keep in mind this is not the same thing as the weight of the product.

I need to use the Food Buying Guide (FBG) or read a CN label or Product Formulation Statement to determine how many meatballs equal a 1 oz eq of meat/meat alternate.

ADE has some great resources for learning about crediting grains and understanding labels. Be sure to look this information up later on the [Meal Pattern Requirements webpage](#).

For now, I'll just tell you the serving size for the menu we create. I'm trusting you'll learn about crediting and review the products on your menu!



Planning the Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)	9-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



I'm also going to serve whole grain-rich noodles with my meatballs.

Based on the meal pattern chart, I need at least 1 oz eq of grain. How many noodles is that?

When I review [Exhibit A](#) of the FBG, I see that ½ cup cooked pasta is a 1 oz eq. I'm going to plan a ½ cup of pasta to go with my meatballs.

Also, I'm going to need 4 meatballs because according to my CN label, that equals 2 oz eq of meat/meat alternate.

MONDAY

Entrée:
Swedish Meatballs:
• 4 each = 2 oz eq meat/meat alternate

Whole Grain-Rich Pasta:
• ½ cup = 1 oz eq grain

Fruit:

Vegetable:

Milk:

Planning the Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



Now let's look at the fruit component.

According to the meal pattern chart, I need to offer at least ½ cup of fruit every day, for a total of 2 ½ cups every week.

Please note, this amount applies to grades K-5, grades 6-8, or grades K-8.

If we were planning for grades 9-12, we would need to offer 1 cup everyday and a total of 5 cups every week.

Planning the Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



Although it is not mentioned on the chart, remember that fruit can be fresh, canned, dried, or 100% juice.

The chart also reminds me that up to 50% of the total fruit offered over the week can be in the form of juice.

For more information on how to plan juice at lunch, visit the [ADE Online Training Library](#) and take the *Step-by-Step Instruction: How to Plan Juice at Lunch in the National School Lunch Program*.

If I serve dried fruit, it credits as twice the volume. This means ¼ cup of dried fruit will count as ½ cup of fruit being offered.

Planning the Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



Let's add fruit to our menu for Monday. I like applesauce, so let's plan that for Monday's fruit!

MONDAY
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit
Vegetable:
Milk:

Planning the Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 $\frac{3}{4}$ ($\frac{3}{4}$)	5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$	1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$	$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i> Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Dark green		$\frac{1}{2}$	$\frac{1}{2}$	
Red/Orange		$\frac{3}{4}$	1 $\frac{1}{4}$	
Beans/Peas (legumes)		$\frac{1}{2}$	$\frac{1}{2}$	
Starchy		$\frac{1}{2}$	$\frac{1}{2}$	
Other		$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup		1	1 $\frac{1}{2}$	



The vegetable component has requirements for daily and weekly amounts.

According to this chart, I need to plan $\frac{3}{4}$ cup vegetable daily, and a total of 3 $\frac{3}{4}$ cup throughout the week for grades K-8.

Planning the Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)	5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum weekly amounts		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i> Minimum creditable amount to count towards a subgroup is 1/8 cup.
Dark green		½	½	
Red/Orange		¾	1 ¼	
Beans/Peas (legumes)		½	½	
Starchy		½	½	
Other		½	¾	
To meet weekly requirement, vegetables from ANY subgroup		1	1 ½	



The chart also shows the vegetable subgroups, and the required amount that should be planned each week. This ensures that the ¾ cup of vegetables that are offered daily include variety so that students are exposed to different types of vegetables throughout the week.

Please note, these subgroups are required as part of the ¾ cup planned daily, and not in addition to the ¾ cup planned daily.

Planning the Menu

Vegetable Subgroups

On the right is a Vegetable Subgroup chart that lists the various vegetables in each group.

This chart is available on the [Meal Pattern Requirements webpage](#).

I circled some of the vegetables that are in subgroups we don't always think of.



DARK GREEN		RED/ORANGE	BEANS AND PEAS (LEGUMES)
<ul style="list-style-type: none"> arugula beet greens broccoli broccoli rabe broccoli (rapini) broccolini butterhead lettuce (Boston, bibb) cabbage, Chinese or celery chicory dillweed collard greens 	<ul style="list-style-type: none"> endive escarole fiddle heads grape leaves kale mesclun mustard greens parsley spinach Swiss chard red leaf lettuce romaine lettuce turnip greens watercress 	<ul style="list-style-type: none"> carrots chili peppers (red) orange peppers pimientos pumpkin peppers, bell (red and orange) salsa (all vegetables) sweet potatoes/yams tomatoes tomato juice winter squash (acorn, butternut, Hubbard) 	<ul style="list-style-type: none"> black beans black-eyed peas (mature, dry) cowpeas fava beans garbanzo beans (chickpeas) Great Northern beans kidney beans lentils lima beans, dry mung beans navy beans pinto beans refried beans soy beans/ edamame split peas white beans
STARCHY		OTHER	
<ul style="list-style-type: none"> corn cassava (yuca) cowpeas, fresh (not dry) field peas, fresh (not dry) green peas green lima beans (canned, frozen) jicama lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) potatoes peas taro (malanga) water chestnuts 	<ul style="list-style-type: none"> artichokes asparagus avocado bamboo shoots bean sprouts, cooked only (for food safety), e.g., alfalfa, mung beans, green and yellow, wax beets Brussels sprouts cabbage, green and red cactus (nopales) cauliflower celery chives 	<ul style="list-style-type: none"> cucumbers daikon (oriental radish) eggplant fennel garlic iceberg lettuce kohlrabi leeks mushrooms okra olives onions peas in pod, e.g., snap peas, snow peas pepperoncini peppers (green, sweet bell, green, chilies, jalapeño, purple, yellow) 	<ul style="list-style-type: none"> pickles (cucumber) radishes rutabagas rhubarb seaweed sauerkraut shallots snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow summer squash zucchini squash

True or False: A lunch menu can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

- A) True
- B) False: French fries are not an allowable vegetable at lunch.
- C) False: The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.



True or False: A lunch menu can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

- A) True
- B) False: French fries are not an allowable vegetable at lunch.
- C) False: The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.**

The lunch meal pattern requires that vegetables from each subgroup must be planned throughout the week. Refer to the meal pattern chart, as well as slide 32 to review the vegetable subgroup requirements and the various vegetables in each subgroup category.

Planning the Menu

Planning the Vegetable



Let's add vegetables to our menu for Monday.

I think corn goes well with Swedish Meatballs and pasta, so I'll plan that!

MONDAY
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable

Planning the Menu

Vegetable Subgroup



I am going to keep track of the subgroup for the vegetable I plan each day. This will help me meet the weekly subgroup requirements.

Corn is in the starchy subgroup, so $\frac{3}{4}$ cup starchy vegetable is planned for Monday.

MONDAY
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>$\frac{1}{2}$ cup</u> = 1 oz eq grain
Fruit: Applesauce: <ul style="list-style-type: none">• <u>$\frac{1}{2}$ cup</u> = $\frac{1}{2}$ cup fruit
Vegetable: Corn: <ul style="list-style-type: none">• <u>$\frac{3}{4}$ cup</u> = $\frac{3}{4}$ cup vegetable <p>Subgroup: Starchy</p>
Milk:

Planning the Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (1)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
-------------------	----------------	-------	--



Finally, let's look at the milk component.

According to this chart, I need to offer at least 1 cup of milk every day, for a total of 5 cups every week.

There should always be two varieties of milk offered. The variety can be by fat content or flavor. Milk (flavored or unflavored) must be fat-free or low-fat (1%). Please note that unflavored milk must be offered as one of the two milk offerings each day.

Planning the Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (4)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
-------------------	----------------	-------	--



Now let's add the required two varieties of milk to our menu.

MONDAY
Entrée: Swedish Meatballs: <ul style="list-style-type: none"> • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none"> • <u>1½ cup</u> = 1 oz eq grain
Fruit: Applesauce: <ul style="list-style-type: none"> • <u>1½ cup</u> = ½ cup fruit
Vegetable: Corn: <ul style="list-style-type: none"> • <u>¾ cup</u> = ¾ cup vegetable <p style="text-align: right;">Subgroup: Starchy</p>
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk

Which of the following does not meet the meal pattern for milk varieties?

- A) Fat-free and 1 % unflavored
- B) Fat-free chocolate and 1% unflavored
- C) Fat-free chocolate and 2% unflavored
- D) Fat-free unflavored and 1% strawberry



Which of the following does not meet the meal pattern for milk varieties?

- A) Fat-free and 1 % unflavored
- B) Fat-free chocolate and 1% unflavored
- C) Fat-free chocolate and 2% unflavored**
- D) Fat-free unflavored and 1% strawberry

Refer to slide 39. This shows the allowable varieties of milk, including fat-free flavored, fat-free unflavored, 1% flavored and 1% unflavored. In the example above, 2% unflavored would not be allowable. Only fat-free or 1% flavored milk can be offered in regards to fat content.

Daily Requirements Review



Daily Requirements Review



Here's our menu for Monday. Did we offer enough of each component on this day for the K-8 meal pattern?

Let's review!

Meeting the Daily Requirements

MONDAY

Entrée:

Swedish Meatballs:

- 4 each = 2 oz eq meat/meat alternate

Whole Grain-Rich Pasta:

- ½ cup = 1 oz eq grain

Fruit:

Applesauce:

- ½ cup = ½ cup fruit

Vegetable:

Corn:

- ¾ cup = ¾ cup vegetable

Subgroup: Starchy

Milk:

Fat-Free Unflavored

Fat-Free Chocolate

- 1 cup = 1 cup milk

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			

Continue


Daily Requirements Review



1 oz eq grain

Meeting the Daily Requirements: Grain

MONDAY	
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain	
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
 Whole Grain-Rich (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Daily Requirements Review



2 oz eq
meat/meat alternate

Meeting the Daily Requirements: Meat/Meat Alternate

MONDAY	
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate	
Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain	
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable	
Subgroup: Starchy	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Daily Requirements Review



½ cup fruit

Meeting the Daily Requirements: Fruit

MONDAY	
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain	
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Daily Requirements Review



¾ cup vegetable

Meeting the Daily Requirements: Vegetable

MONDAY	
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain	
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain-Rich (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			








Daily Requirements Review



1 cup milk,
two varieties

Meeting the Daily Requirements: Milk

MONDAY	
Entrée: Swedish Meatballs: <ul style="list-style-type: none">• <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: <ul style="list-style-type: none">• <u>½ cup</u> = 1 oz eq grain	
Fruit: Applesauce: <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Corn: <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain-Rich (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			








Daily Requirements Review



It looks like we have all our components planned for Monday!

Meeting the Daily Requirements: Monday

MONDAY	
Entrée: Swedish Meatballs:	<ul style="list-style-type: none"> • <u>4 each</u> = 2 oz eq meat/meat alternate
Whole Grain-Rich Pasta:	<ul style="list-style-type: none"> • <u>½ cup</u> = 1 oz eq grain
Fruit: Applesauce:	<ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup fruit
Vegetable: Corn:	<ul style="list-style-type: none"> • <u>¾ cup</u> = ¾ cup vegetable <p style="text-align: center;">Subgroup: Starchy</p>
Milk: Fat-Free Unflavored Fat-Free Chocolate	<ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain-Rich (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			

Daily Requirements Review

Menu Planner: Monday

5-Day K-8 Weekly Menu Planner				
National School Lunch Program				
Monday Menu				Monday Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	
Applesauce	1/2 cup	Fruit		<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be \geq 1/2 cup)
Corn	3/4 cup	Vegetable		<input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be \geq 3/4 cup)
Whole Grain-Rich Pasta	1/2 cup	Grain		<input checked="" type="checkbox"/> 1 oz eq grain (Must be \geq 1 oz)
Swedish Meatballs	4 each	Meat/Meat Alternate		<input checked="" type="checkbox"/> 2 oz eq M/MA (Must be \geq 1 oz)
FF Unflavored and Chocolate Milk	1 cup	Milk		<input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)



If we use the Weekly Menu Planner referred to on slide 21, Monday should look like this.

Completing the Weekly Menu



Completing the Weekly Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



Let's plan our menu for Tuesday!

I'm going to plan a Peanut Butter and Jelly Sandwich. This means I have planned two components together in the entrée: the grain and the meat/meat alternate.

TUESDAY

Entrée:
Peanut Butter and Jelly Sandwich

Fruit:

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



I used my recipe, the FBG, and Exhibit A to determine that this Peanut Butter and Jelly Sandwich will credit as: 1.5 oz eq of grain (bread), and 1 oz eq meat/meat alternate (peanut butter). The jelly does not count towards a component.

This is a day where I planned more than the daily required amount of grain. This will help ensure the menu for the week is within the suggested weekly range for grains and meat/meat alternate.

TUESDAY

- Entrée:**
Peanut Butter and Jelly Sandwich
- 2 tbsp peanut butter = 1 oz eq meat/meat alternate
 - 2 slices bread = 1.5 oz eq grain

Fruit:

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



Let’s also plan our fruit.

I think a frozen juice cup will go great with the peanut butter and jelly sandwich, especially on those hot Arizona days!

Let’s plan a ½ cup frozen 100% grape juice cup!

TUESDAY

- Entrée:**
 Peanut Butter and Jelly Sandwich
- 2 tbsp peanut butter = 1 oz eq meat/meat alternate
 - 2 slices bread = 1.5 oz eq grain

- Fruit:**
 Frozen Grape Juice
- ½ cup = ½ cup fruit

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)	5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	



Now for those vegetables! I'm going to serve celery and carrot sticks in a small cup with 1 ounce of fat free ranch dressing.

I referred to the FBG and it told me that 3 carrot sticks (½ inch by 4 inch) is ¼ cup of vegetables. It also told me that 6 celery sticks (½ inch by 4 inch) will be ½ cup of vegetables.

The ranch dressing doesn't count towards a component.

TUESDAY
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none"> • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain
Fruit: Frozen Grape Juice <ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup fruit
Vegetable: Veggie Dippers <ul style="list-style-type: none"> • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable <ul style="list-style-type: none"> • = ¾ cup vegetable total
Milk:

Completing the Weekly Menu

Vegetable Subgroup



We also have to consider our vegetable subgroups. Celery is in the *other* subgroup, and carrots are in the *red/orange* subgroup.

Let's add that to our chart!

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

- 2 tbsp peanut butter = 1 oz eq meat/meat alternate
- 2 slices bread = 1.5 oz eq grain

Fruit:

Frozen Grape Juice

- ½ cup = ½ cup fruit

Vegetable:

Veggie Dippers

- 6 celery sticks = ½ cup vegetable
- 3 carrots sticks = ¼ cup vegetable
 - = ¾ cup vegetable total

Subgroup: Other and Red/Orange

Milk:

Completing the Weekly Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (4)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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Oh.... We can't forget the milk!

Let's plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Tuesday too.

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

- 2 tbsp peanut butter = 1 oz eq meat/meat alternate
- 2 slices bread = 1.5 oz eq grain

Fruit:

Frozen Grape Juice

- ½ cup = ½ cup fruit

Vegetable:

Veggie Dippers

- 6 celery sticks = ½ cup vegetable
- 3 carrots sticks = ¼ cup vegetable
 - = ¾ cup vegetable total

Subgroup: Other and Red/Orange

Milk:

Fat-Free Unflavored

Fat-Free Chocolate

- 1 cup = 1 cup milk

Completing the Weekly Menu



Did we offer enough of each component for grades K-8 for the day?

Let's review!

Meeting the Daily Requirements

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 <u>tbsp</u> peanut butter = 1 oz eq meat/meat alternate2 <u>slices</u> bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none"><u>1/2 cup</u> = 1/2 cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 <u>celery sticks</u> = 1/2 cup vegetable3 <u>carrots sticks</u> = 1/4 cup vegetable<ul style="list-style-type: none">= 3/4 cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none"><u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



1.5 oz eq grain

Meeting the Daily Requirements: Grain

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 tbsp peanut butter = 1 oz eq meat/meat alternate2 slices bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 celery sticks = ½ cup vegetable3 carrots sticks = ¼ cup vegetable<ul style="list-style-type: none">= ¾ cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain-rich (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			





Completing the Weekly Menu



1 oz eq
meat/meat alternate

Meeting the Daily Requirements: Meat/Meat Alternate

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 tbsp peanut butter = 1 oz eq meat/meat alternate2 slices bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 celery sticks = ½ cup vegetable3 carrots sticks = ¼ cup vegetable<ul style="list-style-type: none">= ¾ cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
 Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			






Completing the Weekly Menu



½ cup fruit

Meeting the Daily Requirements: Fruit

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 tbsp peanut butter = 1 oz eq meat/meat alternate2 slices bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 celery sticks = ½ cup vegetable3 carrots sticks = ¼ cup vegetable<ul style="list-style-type: none">= ¾ cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain (cups)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Completing the Weekly Menu



¾ cup vegetable

Meeting the Daily Requirements: Vegetable

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 tbsp peanut butter = 1 oz eq meat/meat alternate2 slices bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 celery sticks = ½ cup vegetable3 carrots sticks = ¼ cup vegetable= ¾ cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain (cups)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



And we can't forget the milk!

Meeting the Daily Requirements: Milk

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none">2 tbsp peanut butter = 1 oz eq meat/meat alternate2 slices bread = 1.5 oz eq grain	
Fruit: Frozen Grape Juice <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Veggie Dippers <ul style="list-style-type: none">6 celery sticks = ½ cup vegetable3 carrots sticks = ¼ cup vegetable<ul style="list-style-type: none">= ¾ cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Looks like the meals I planned for Monday and Tuesday both meet the daily requirements of the meal pattern!

Meeting the Daily Requirements: Tuesday

TUESDAY	
Entrée: Peanut Butter and Jelly Sandwich <ul style="list-style-type: none"> 2 <u>tbsp</u> peanut butter = 1 oz eq meat/meat alternate 2 <u>slices</u> bread = 1.5 oz eq grain 	
Fruit: Frozen Grape Juice <ul style="list-style-type: none"> 1/2 <u>cup</u> = 1/2 cup fruit 	
Vegetable: Veggie Dippers <ul style="list-style-type: none"> 6 <u>celery sticks</u> = 1/2 cup vegetable 3 <u>carrots sticks</u> = 1/4 cup vegetable <ul style="list-style-type: none"> = 3/4 cup vegetable total <p>Subgroup: Other and Red/Orange</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none"> 1 <u>cup</u> = 1 cup milk 	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
Whole Grain (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			

Completing the Weekly Menu

Menu Planner: Tuesday

5-Day K-8 Weekly Menu Planner

National School Lunch Program

Monday Menu				Monday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ ½ cup)
Applesauce	1/2 cup	Fruit		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ ¾ cup)
Corn	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	1 oz eq grain (Must be ≥ 1 oz)
Whole Grain-Rich Pasta	1/2 cup	Grain		<input checked="" type="checkbox"/>	2 oz eq M/MA (Must be ≥ 1 oz)
Swedish Meatballs	4 each	Meat/Meat Alternate		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
FF Unflavored and Chocolate Milk	1 cup	Milk			
Tuesday Menu				Tuesday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ ½ cup)
Frozen Grape Juice	1/2 cup	Fruit		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ ¾ cup)
Veggie Dippers (celery and carrots)	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	1.5 oz eq grain (Must be ≥ 1 oz)
Peanut Butter and Jelly Sandwich	2 slices	Grain	Combination item	<input checked="" type="checkbox"/>	1 oz eq M/MA (Must be ≥ 1 oz)
FF Unflavored and Chocolate Milk	2 tbsp	Meat/Meat Alternate		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
	1 cup	Milk			

Let's fill in Tuesday on our menu planner.

If you haven't already started using this menu planner, try using it as we go through Wednesday's meal.



Completing the Weekly Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



For Wednesday I'm going to serve spaghetti with meat sauce. This will provide: grains from the pasta, meat/meat alternate in the meat sauce, and vegetable in the tomato sauce.

The smallest amount of vegetable that can be credited is 1/8 cup. For my tomato sauce, I am going to plan 1/4 cup in this entrée. I will need to refer to the recipe and Exhibit A to determine how my pasta credits. I will also have to use the FBG, CN Label, or Product Formulation Statement to determine how the meat in the sauce will credit.

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

- 1.5 oz ground beef= 1 oz eq meat/meat alternate
- 1 cup spaghetti = 2 oz eq grain
- 1/4 cup tomato sauce = 1/4 cup vegetable

Subgroup: Red/Orange

Fruit:

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



I'm also going to add some fruit. I think canned peaches will go well with spaghetti and meat sauce, and they add some nice color to the meal!

Let's add ½ cup peaches to the menu.

WEDNESDAY
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none"> • <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable <p style="text-align: center;">Subgroup: Red/Orange</p>
Fruit: Canned Peaches <ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup fruit
Vegetable:
Milk:

Completing the Weekly Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)	5 (¼)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	



For the vegetable, I'm going to serve broccoli.

It's a nice green color to compliment the pasta and meat sauce, and will make for a colorful, eye-appealing meal.

I'm going to plan ½ cup of broccoli to ensure I meet the meal pattern. This means I will be making available ¾ cup of vegetable on Wednesday: ¼ cup from the sauce and 1/2 cup from the broccoli.

WEDNESDAY

- Entrée:**
 Spaghetti with Meat Sauce
- 1.5 oz ground beef= 1 oz eq meat/meat alternate
 - 1 cup spaghetti = 2 oz eq grain
 - ¼ cup tomato sauce = ¼ cup vegetable

Subgroup: Red/Orange

- Fruit:**
 Canned Peaches
- ½ cup = ½ cup fruit

- Vegetable:**
 Broccoli
- ½ cup = ½ cup vegetable

Milk:

Completing the Weekly Menu

Vegetable Subgroup



We can't forget about the vegetable subgroups! Writing their category in my planner will allow me to see if I've met my vegetable subgroup requirements at the end of the week.

Broccoli is in the *dark green* subgroup, let's add that!

WEDNESDAY
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none">• <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate• <u>1 cup</u> spaghetti = 2 oz eq grain• <u>¼ cup</u> tomato sauce = ¼ cup vegetable <p>Subgroup: Red/Orange</p>
Fruit: Canned Peaches <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit
Vegetable: Broccoli <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup vegetable <p>Subgroup: Dark Green</p>
Milk:

Completing the Weekly Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (4)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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Last but not least,
we'll plan our milk!

Remember we need two varieties,
1 cup each.

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

- 1.5 oz ground beef = 1 oz eq meat/meat alternate
- 1 cup spaghetti = 2 oz eq grain
- 1/4 cup tomato sauce = 1/4 cup vegetable

Subgroup: Red/Orange

Fruit:

Canned Peaches

- 1/2 cup = 1/2 cup fruit

Vegetable:

Broccoli

- 1/2 cup = 1/2 cup vegetable

Subgroup: Dark Green

Milk:

Fat-Free Unflavored

Fat-Free Chocolate

- 1 cup = 1 cup milk

In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit towards the vegetable subgroup requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planner can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits as at least $\frac{1}{8}$ cup.
- B. No. The menu planner cannot serve vegetables in entrées.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least $\frac{1}{2}$ cup.



In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit towards the vegetable subgroup requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planner can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits as at least 1/8 cup.**
- B. No. The menu planner cannot serve vegetables in entrées.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least 1/2 cup.

The minimum amount that can credit towards the vegetable requirement is 1/8 cup. Refer to slide 67 and the vegetable notes on the meal pattern chart for a reminder about this guidance.

Completing the Weekly Menu



Did we offer enough of each component for grades K-8 for the day?

Let's review!

Meeting the Daily Requirements

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce	
<ul style="list-style-type: none"> • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>1/4 cup</u> tomato sauce = 1/4 cup vegetable 	
Subgroup: Red/Orange	
Fruit: Canned Peaches	
<ul style="list-style-type: none"> • <u>1/2 cup</u> = 1/2 cup fruit 	
Vegetable: Broccoli	
<ul style="list-style-type: none"> • <u>1/2 cup</u> = 1/2 cup vegetable 	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate	
<ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk 	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			

Continue

Completing the Weekly Menu



2 oz eq grain...
Check!

Meeting the Daily Requirements: Grain

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none">• <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate• <u>1 cup</u> spaghetti = 2 oz eq grain• <u>1/4 cup</u> tomato sauce = 1/4 cup vegetable	
Subgroup: Red/Orange	
Fruit: Canned Peaches <ul style="list-style-type: none">• <u>1/2 cup</u> = 1/2 cup fruit	
Vegetable: Broccoli <ul style="list-style-type: none">• <u>1/2 cup</u> = 1/2 cup vegetable	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2 1/2 (1 1/2)			5 (4)
	Serve Only: minimum amount required at POS	1/2			1
	OVS: minimum amount to count at POS	1/2			1/2
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3 1/4)			5 (4)
	Serve Only: minimum amount required at POS	3/4			1
	OVS: minimum amount to count at POS	1/2			1/2
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		1/2			1/2
Red/Orange		3/4			1 1/4
Beans/Peas (legumes)		1/2			1/2
Starchy		1/2			1/2
Other		1/2			3/4
To meet weekly requirement, vegetables from ANY subgroup		1			1 1/2
Whole Grain-rich Foods (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (4)			



Completing the Weekly Menu



1 oz eq meat/meat alternate...
Check!

Meeting the Daily Requirements: Meat/Meat Alternate

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none">• <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate• <u>1 cup</u> spaghetti = 2 oz eq grain• <u>1/4 cup</u> tomato sauce = 1/4 cup vegetable	
Subgroup: Red/Orange	
Fruit: Canned Peaches <ul style="list-style-type: none">• <u>1/2 cup</u> = 1/2 cup fruit	
Vegetable: Broccoli <ul style="list-style-type: none">• <u>1/2 cup</u> = 1/2 cup vegetable	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2 1/2 (1 1/2)			5 (4)
	Serve Only: minimum amount required at POS	1/2			1
	OVS: minimum amount to count at POS	1/2			1/2
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3 1/4)			5 (4)
	Serve Only: minimum amount required at POS	3/4			1
	OVS: minimum amount to count at POS	1/2			1/2
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		1/2			1/2
Red/Orange		3/4			1 1/4
Beans/Peas (legumes)		1/2			1/2
Starchy		1/2			1/2
Other		1/2			3/4
To meet weekly requirement, vegetables from ANY subgroup		1			1 1/2
Whole Grain Breads (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (4)			



Completing the Weekly Menu



½ cup fruit...
Check!

Meeting the Daily Requirements: Fruit

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none">• <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate• <u>1 cup</u> spaghetti = 2 oz eq grain• <u>¼ cup</u> tomato sauce = ¼ cup vegetable <p>Subgroup: Red/Orange</p>	
Fruit: Canned Peaches <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Broccoli <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup vegetable <p>Subgroup: Dark Green</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grain Breads (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Completing the Weekly Menu



I planned a total of $\frac{3}{4}$ cup vegetable, so I met my daily minimum.

Meeting the Daily Requirements: Vegetable

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce <ul style="list-style-type: none">• <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate• <u>1 cup</u> spaghetti = 2 oz eq grain• <u>$\frac{1}{4}$ cup</u> tomato sauce = $\frac{1}{4}$ cup vegetable	
Subgroup: Red/Orange	
Fruit: Canned Peaches <ul style="list-style-type: none">• <u>$\frac{1}{2}$ cup</u> = $\frac{1}{2}$ cup fruit	
Vegetable: Broccoli <ul style="list-style-type: none">• <u>$\frac{1}{2}$ cup</u> = $\frac{1}{2}$ cup vegetable	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain Breads (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Lastly, two varieties of milk, 1 cup each.

Check!

Meeting the Daily Requirements: Milk

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce	
<ul style="list-style-type: none"> • <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable 	
Subgroup: Red/Orange	
Fruit: Canned Peaches	
<ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup fruit 	
Vegetable: Broccoli	
<ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup vegetable 	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate	
<ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk 	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Looks like the meals I planned for Monday through Wednesday all meet the daily requirements.

Now to fill our menu planner tool!

Meeting the Daily Requirements: Wednesday

WEDNESDAY	
Entrée: Spaghetti with Meat Sauce	
<ul style="list-style-type: none"> • <u>1.5 oz</u> ground beef= 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable 	
Subgroup: Red/Orange	
Fruit: Canned Peaches	
<ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup fruit 	
Vegetable: Broccoli	
<ul style="list-style-type: none"> • <u>½ cup</u> = ½ cup vegetable 	
Subgroup: Dark Green	
Milk: Fat-Free Unflavored Fat-Free Chocolate	
<ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk 	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			

Completing the Weekly Menu



Does your menu planner look like this?

Remember, you need to use the FBG and food labels to determine how much pasta and meat to serve.

Menu Planner: Wednesday

5-Day K-8 Weekly Menu Planner				
National School Lunch Program				
Monday Menu				Monday Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	
Applesauce	1/2 cup	Fruit		<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)
Corn	3/4 cup	Vegetable		<input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{3}{4}$ cup)
Whole Grain-Rich Pasta	1/2 cup	Grain		<input checked="" type="checkbox"/> 1 oz eq grain (Must be ≥ 1 oz)
Swedish Meatballs	4 each	Meat/Meat Alternate		<input checked="" type="checkbox"/> 2 oz eq M/MA (Must be ≥ 1 oz)
FF Unflavored and Chocolate Milk	1 cup	Milk		<input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Tuesday Menu				Tuesday Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	
Frozen Grape Juice	1/2 cup	Fruit		<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)
Veggie Dippers (celery and carrots)	3/4 cup	Vegetable		<input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{3}{4}$ cup)
Peanut Butter and Jelly Sandwich	2 slices	Grain		<input checked="" type="checkbox"/> 1.5 oz eq grain (Must be ≥ 1 oz)
FF Unflavored and Chocolate Milk	2 tbsp	Meat/Meat Alternate	Combination item	<input checked="" type="checkbox"/> 1 oz eq M/MA (Must be ≥ 1 oz)
	1 cup	Milk		<input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Wednesday Menu				Wednesday Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	
Canned Peaches	1/2 cup	Fruit		<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup)
Broccoli	1/2 cup	Vegetable		<input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{3}{4}$ cup)
Tomato Sauce	1/4 cup	Grain		<input checked="" type="checkbox"/> 2 oz eq grain (Must be ≥ 1 oz)
Whole Grain-Rich Spaghetti	1 cup	Meat/Meat Alternate		<input checked="" type="checkbox"/> 1 oz eq M/MA (Must be ≥ 1 oz)
Ground Beef	1.5 oz	Milk		<input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
FF Unflavored and Chocolate Milk	1 cup			

Completing the Weekly Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



Thursday's meal is going to have a combination entrée again. Remember, a combination entrée is one that includes more than one component.

I'd like to serve a beef and cheese burrito on a whole-grain rich tortilla, with a side of salsa.

I will refer to the FBG and Exhibit A to credit my beef, cheese, and tortillas. For now, just trust me that my burrito recipe credits as 2.0 oz eq meat/meat alternate and 2.0 oz eq grain. I will also serve ¼ cup salsa.

THURSDAY

- Entrée:**
Beef and Cheese Burrito
- 1.5 oz beef= 1 oz eq meat/meat alternate
 - ¼ cup cheese = 1 oz eq meat/meat alternate
 - 2 oz tortilla = 2 oz eq grain
 - ¼ cup salsa= ¼ cup vegetable
- Subgroup:** Red/Orange

Fruit:

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



I think orange slices go well with burritos, so I'm going to plan ½ cup of orange wedges as my fruit.

THURSDAY

- Entrée:**
 Beef and Cheese Burrito
- 1.5 oz beef= 1 oz eq meat/meat alternate
 - ¼ cup cheese = 1 oz eq meat/meat alternate
 - 2 oz tortilla = 2 oz eq grain
 - ¼ cup salsa= ¼ cup vegetable
- Subgroup:** Red/Orange

- Fruit:**
 Oranges Wedges
- ½ cup = ½ cup fruit

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)	5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	



Let's plan ¾ cup of black beans as my vegetable.

Please note that beans can be planned as a legume or as a meat/meat alternate, but not both. I'm going to plan them as beans/peas and count them towards the vegetable requirement. I could have planned a bean and cheese burrito with a side salad (or other type of vegetable), and counted the beans in the burrito towards the meat/meat alternate then planned the salad as my vegetable.

THURSDAY

Entrée:

Beef and Cheese Burrito

- 1.5 oz beef = 1 oz eq meat/meat alternate
- ¼ cup cheese = 1 oz eq meat/meat alternate
- 2 oz tortilla = 2 oz eq grain
- ¼ cup salsa = ¼ cup vegetable

Subgroup: Red/Orange

Fruit:

Oranges Wedges

- ½ cup = ½ cup fruit

Vegetable:

Black Beans

- ¾ cup = ¾ cup vegetable

Subgroup: Beans/Peas

Milk:

True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.



True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern.
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.**

The menu planner can choose if the beans will be counted towards the legume vegetable subgroup or towards the meat/meat alternate component. However, the planner must decide which it will count towards and plan the rest of the menu accordingly. See slide 84 to review this information.

Completing the Weekly Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (4)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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We can't forget the milk! I'm going to plan 2 varieties, 1 cup each.

THURSDAY

Entrée:

Beef and Cheese Burrito

- 1.5 oz beef = 1 oz eq meat/meat alternate
- 1/4 cup cheese = 1 oz eq meat/meat alternate
- 2 oz tortilla = 2 oz eq grain
- 1/4 cup salsa = 1/4 cup vegetable

Subgroup: Red/Orange

Fruit:

Oranges Wedges

- 1/2 cup = 1/2 cup fruit

Vegetable:

Black Beans

- 3/4 cup = 3/4 cup vegetable

Subgroup: Beans/Peas

Milk:

Fat-Free Unflavored

Fat-Free Chocolate

- 1 cup = 1 cup milk

Completing the Weekly Menu



Did we offer enough of each component for grades K-8 for the day?

Let's review!

Meeting the Daily Requirements

THURSDAY

Entrée:

Beef and Cheese Burrito

- 1.5 oz beef = 1 oz eq meat/meat alternate
- ¼ cup cheese = 1 oz eq meat/meat alternate
- 2 oz tortilla = 2 oz eq grain
- ¼ cup salsa = ¼ cup vegetable

Subgroup: Red/Orange

Fruit:

Oranges Wedges

- ½ cup = ½ cup fruit

Vegetable:

Black Beans

- ¾ cup = ¾ cup vegetable

Subgroup: Beans/Peas

Milk:

Fat-Free Unflavored

Fat-Free Chocolate

- 1 cup = 1 cup milk

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			

Continue

Completing the Weekly Menu



2 oz eq grain....
Check!

Meeting the Daily Requirements: Grain

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">1.5 oz beef= 1 oz eq meat/meat alternate¼ cup cheese = 1 oz eq meat/meat alternate2 oz tortilla = 2 oz eq grain¼ cup salsa= ¼ cup vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">¾ cup = ¾ cup vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain Products (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



2 oz eq
meat/meat alternate?
1 oz eq from the beef
and 1 oz eq from the
cheese....

Check!

Meeting the Daily Requirements: Meat/Meat Alternate

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">• <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate• <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate• <u>2 oz</u> tortilla = 2 oz eq grain• <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain Breads (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			






Completing the Weekly Menu



½ cup fruit...
Check!

Meeting the Daily Requirements: Fruit

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">• <u>1.5 oz</u> beef= 1 oz eq meat/meat alternate• <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate• <u>2 oz</u> tortilla = 2 oz eq grain• <u>¼ cup</u> salsa= ¼ cup vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain Breads (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Completing the Weekly Menu



At least ¾ cup total vegetable...
I planned 1 cup!

Meeting the Daily Requirements: Vegetable

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">• <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate• <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate• <u>2 oz</u> tortilla = 2 oz eq grain• <u>¼ cup</u> salsa = <u>¼ cup</u> vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">• <u>¾ cup</u> = <u>¾ cup</u> vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			








Completing the Weekly Menu



1 cup of milk,
two varieties

Meeting the Daily Requirements: Milk

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">• <u>1.5 oz</u> beef= 1 oz eq meat/meat alternate• <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate• <u>2 oz</u> tortilla = 2 oz eq grain• <u>¼ cup</u> salsa= ¼ cup vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">• <u>½ cup</u> = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu








It looks like the meal for Thursday meets the daily requirements of the meal pattern!

Let's see how this should look on the menu planner tool!

Meeting the Daily Requirements: Thursday

THURSDAY	
Entrée: Beef and Cheese Burrito <ul style="list-style-type: none">1.5 oz beef= 1 oz eq meat/meat alternate¼ cup cheese = 1 oz eq meat/meat alternate2 oz tortilla = 2 oz eq grain¼ cup salsa= ¼ cup vegetable Subgroup: Red/Orange	
Fruit: Oranges Wedges <ul style="list-style-type: none">½ cup = ½ cup fruit	
Vegetable: Black Beans <ul style="list-style-type: none">¾ cup = ¾ cup vegetable Subgroup: Beans/Peas	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain-rich Foods (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Does your menu planner look similar to this?

Menu Planner: Thursday

5-Day K-8 Weekly Menu Planner				
National School Lunch Program				
Monday Menu				Monday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup) <input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup) <input checked="" type="checkbox"/> 1 oz eq grain (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 2 oz eq M/MA (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Applesauce	1/2 cup	Fruit		
Corn	3/4 cup	Vegetable		
Whole Grain-Rich Pasta	1/2 cup	Grain		
Swedish Meatballs	4 each	Meat/Meat Alternate		
FF Unflavored and Chocolate Milk	1 cup	Milk		
Tuesday Menu				Tuesday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup) <input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup) <input checked="" type="checkbox"/> 1.5 oz eq grain (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 oz eq M/MA (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Frozen Grape Juice	1/2 cup	Fruit		
Veggie Dippers (celery and carrots)	3/4 cup	Vegetable		
Peanut Butter and Jelly Sandwich	2 slices	Grain	Combination item	
FF Unflavored and Chocolate Milk	2 tbsp	Meat/Meat Alternate		
	1 cup	Milk		
Wednesday Menu				Wednesday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup) <input checked="" type="checkbox"/> 3/4 cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup) <input checked="" type="checkbox"/> 2 oz eq grain (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 oz eq M/MA (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Canned Peaches	1/2 cup	Fruit		
Broccoli	1/2 cup	Vegetable		
Tomato Sauce	1/4 cup	Grain		
Whole Grain-Rich Spaghetti	1 cup	Meat/Meat Alternate		
Ground Beef	1.5 oz	Milk		
FF Unflavored and Chocolate Milk	1 cup			
Thursday Menu				Thursday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<input checked="" type="checkbox"/> 1/2 cup(s) fruit (Must be $\geq \frac{1}{2}$ cup) <input checked="" type="checkbox"/> 1 cup(s) vegetable (Must be $\geq \frac{1}{4}$ cup) <input checked="" type="checkbox"/> 2 oz eq grain (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 2 oz eq M/MA (Must be ≥ 1 oz) <input checked="" type="checkbox"/> 1 cup milk (Two varieties offered; one is unflavored)
Orange Wedges	1/2 cup	Fruit		
Black Beans	3/4 cup	Vegetable		
Salsa	1/4 cup	Grain	Combination item	
Ground Beef	1.5 oz	Meat/Meat Alternate		
Cheese	1/4 cup	Milk		
Tortilla	2 oz			
FF Unflavored and Chocolate Milk	1 cup			

Completing the Weekly Menu

Planning the Entrée

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich. No more than 2 oz eq grain-based desserts may be offered weekly.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	



Finally, let's plan a meal for Friday.

I'm going to plan Chicken Nuggets as my entrée.

According to the CN Label on the box of nuggets, 4 nuggets is 1.5 oz eq meat/meat alternate, and .25 oz grain (from the whole grain-rich breading!)

FRIDAY
Entrée: Chicken Nuggets <ul style="list-style-type: none"> • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain
Fruit:
Vegetable:
Milk:

Completing the Weekly Menu

Planning the Sides



I think whole grain-rich dinner rolls go great with nuggets, so I'm going to plan 1 roll. According to Exhibit A and the label on the package, the rolls I buy are 1 oz eq grain.

Since its Friday, I'm also going to serve a 0.75 oz eq whole grain-rich cookie. The meal pattern allows up to 2 oz eq to be from a grain-based dessert, and I think my students will like this fun Friday treat.

FRIDAY
Entrée: Chicken Nuggets <ul style="list-style-type: none">• <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain
Sides: <ul style="list-style-type: none">• <u>1 each</u> roll = 1 oz eq grain• <u>1 each</u> cookie = 0.75 oz eq grain
Fruit:
Vegetable:
Milk:

Completing the Weekly Menu

Planning the Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	



I'm going to plan ¼ cup of dried cranberries as my fruit.

Remember, dried fruit credits as double the volume, so if I plan ¼ cup, it will credit as ½ cup!

FRIDAY

Entrée:

Chicken Nuggets

- 4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain

Sides:

- 1 each roll = 1 oz eq grain
- 1 each cookie = 0.75 oz eq grain

Fruit:

Dried Cranberries

- ¼ cup = ½ cup fruit

Vegetable:

Milk:

Completing the Weekly Menu

Planning the Vegetable

Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)	5 (¼)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	



To add some color to the meal, I'm going to plan ¾ cup fresh cooked green beans.

These are in the *other* subgroup.

FRIDAY
Entrée: Chicken Nuggets <ul style="list-style-type: none"> • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain
Sides: <ul style="list-style-type: none"> • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain
Fruit: Dried Cranberries <ul style="list-style-type: none"> • <u>¼ cup</u> = ½ cup fruit
Vegetable: Green Beans <ul style="list-style-type: none"> • <u>¾ cup</u> = ¾ cup vegetable <p style="text-align: right;">Subgroup: Other</p>
Milk:

Completing the Weekly Menu

Planning the Milk

Fluid milk (cups)	Weekly (daily)	5 (4)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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My meal isn't complete without planning my two varieties of milk!

FRIDAY
Entrée: Chicken Nuggets <ul style="list-style-type: none"> • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain
Sides: <ul style="list-style-type: none"> • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain
Fruit: Dried Cranberries <ul style="list-style-type: none"> • <u>¼ cup</u> = ½ cup fruit
Vegetable: Green Beans <ul style="list-style-type: none"> • <u>¾ cup</u> = ¾ cup vegetable <p style="text-align: right;">Subgroup: Other</p>
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none"> • <u>1 cup</u> = 1 cup milk

Completing the Weekly Menu



Finally, let's check our last day...

Did we offer enough of each component on this day?

Meeting the Daily Requirements

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">• <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">• <u>1 each</u> roll = 1 oz eq grain• <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">• <u>¼ cup</u> = ½ cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



2 oz eq grain...
Check!

Meeting the Daily Requirements: Grain

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">1 each roll = 1 oz eq grain1 each cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">¼ cup = ½ cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">¾ cup = ¾ cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
Whole Grain-rich Foods (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu





1.5 oz eq
meat/meat alternate...

Check!

Meeting the Daily Requirements: Meat/Meat Alternate

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">1 each roll = 1 oz eq grain1 each cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">¼ cup = ½ cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">¾ cup = ¾ cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
 Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			






Completing the Weekly Menu



1/2 cup fruit
Check!

Meeting the Daily Requirements: Fruit

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">• <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">• <u>1 each</u> roll = 1 oz eq grain• <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">• <u>1/4 cup</u> = 1/2 cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">• <u>3/4 cup</u> = 3/4 cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1¾
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain Products (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			







Completing the Weekly Menu



¾ cup vegetable
Check!

Meeting the Daily Requirements: Vegetable

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">• <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">• <u>1 each</u> roll = 1 oz eq grain• <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">• <u>¼ cup</u> = ½ cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½			½
Red/Orange		¾			1 ¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½
 Whole Grain (cups)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Last but not least,
I planned two varieties
of milk!

Meeting the Daily Requirements: Milk

FRIDAY	
Entrée:	
Chicken Nuggets	
• 4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides:	
• 1 each roll = 1 oz eq grain	
• 1 each cookie = 0.75 oz eq grain	
Fruit:	
Dried Cranberries	
• ¼ cup = ½ cup fruit	
Vegetable:	
Green Beans	
• ¾ cup = ¾ cup vegetable	
Subgroup: Other	
Milk:	
Fat-Free Unflavored	
Fat-Free Chocolate	
• 1 cup = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grain-Rich (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Looks like Friday meets all of the daily requirements!

Meeting the Daily Requirements: Friday

FRIDAY	
Entrée: Chicken Nuggets <ul style="list-style-type: none">• <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain	
Sides: <ul style="list-style-type: none">• <u>1 each</u> roll = 1 oz eq grain• <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Dried Cranberries <ul style="list-style-type: none">• <u>¼ cup</u> = ½ cup fruit	
Vegetable: Green Beans <ul style="list-style-type: none">• <u>¾ cup</u> = ¾ cup vegetable <p>Subgroup: Other</p>	
Milk: Fat-Free Unflavored Fat-Free Chocolate <ul style="list-style-type: none">• <u>1 cup</u> = 1 cup milk	

Grades		K-5	6-8	K-8	9-12
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum weekly amounts			
Dark green		½		½	
Red/Orange		¾		1 ¼	
Beans/Peas (legumes)		½		½	
Starchy		½		½	
Other		½		¾	
To meet weekly requirement, vegetables from ANY subgroup		1		1 ½	
Whole Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
Fluid Milk (cups)	Weekly (daily)	5 (1)			



Completing the Weekly Menu



Does your menu planner look similar to this?

Menu Planner: Friday

5-Day K-8 Weekly Menu Planner

National School Lunch Program

Monday Menu				Monday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Applesauce	1/2 cup	Fruit		<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ 1/2 cup)
Corn	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ 3/4 cup)
Whole Grain-Rich Pasta	1/2 cup	Grain		<input checked="" type="checkbox"/>	1 oz eq grain (Must be ≥ 1 oz)
Swedish Meatballs	4 each	Meat/Meat Alternate		<input checked="" type="checkbox"/>	2 oz eq M/MA (Must be ≥ 1 oz)
FF Unflavored and Chocolate Milk	1 cup	Milk		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
Tuesday Menu				Tuesday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Frozen Grape Juice	1/2 cup	Fruit		<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ 1/2 cup)
Veggie Dippers (celery and carrots)	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ 3/4 cup)
Peanut Butter and Jelly Sandwich	2 slices	Grain	Combination item	<input checked="" type="checkbox"/>	1.5 oz eq grain (Must be ≥ 1 oz)
FF Unflavored and Chocolate Milk	2 tbsp	Meat/Meat Alternate		<input checked="" type="checkbox"/>	1 oz eq M/MA (Must be ≥ 1 oz)
	1 cup	Milk		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
Wednesday Menu				Wednesday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Canned Peaches	1/2 cup	Fruit		<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ 1/2 cup)
Broccoli	1/2 cup	Vegetable		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ 3/4 cup)
Tomato Sauce	1/4 cup	Grain		<input checked="" type="checkbox"/>	2 oz eq grain (Must be ≥ 1 oz)
Whole Grain-Rich Spaghetti	1 cup	Meat/Meat Alternate		<input checked="" type="checkbox"/>	1 oz eq M/MA (Must be ≥ 1 oz)
Ground Beef	1.5 oz	Milk		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
FF Unflavored and Chocolate Milk	1 cup			<input checked="" type="checkbox"/>	
Thursday Menu				Thursday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Orange Wedges	1/2 cup	Fruit		<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ 1/2 cup)
Black Beans	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ 3/4 cup)
Salsa	1/4 cup	Grain	Combination item	<input checked="" type="checkbox"/>	2 oz eq grain (Must be ≥ 1 oz)
Ground Beef	1.5 oz	Meat/Meat Alternate		<input checked="" type="checkbox"/>	2 oz eq M/MA (Must be ≥ 1 oz)
Cheese	1/4 cup	Milk		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
Tortilla	2 oz			<input checked="" type="checkbox"/>	
FF Unflavored and Chocolate Milk	1 cup			<input checked="" type="checkbox"/>	
Friday Menu				Friday Daily Checklist	
Item	Serving Size	Components (list all that apply)	Notes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dried Cranberries	1/4 cup	Fruit		<input checked="" type="checkbox"/>	1/2 cup(s) fruit (Must be ≥ 1/2 cup)
Green Beans	3/4 cup	Vegetable		<input checked="" type="checkbox"/>	3/4 cup(s) vegetable (Must be ≥ 3/4 cup)
Chicken Nuggets	4 each	Grain	Combination item	<input checked="" type="checkbox"/>	2 oz eq grain (Must be ≥ 1 oz)
Whole Grain-Rich Roll	1 each	Meat/Meat Alternate		<input checked="" type="checkbox"/>	1.5 oz eq M/MA (Must be ≥ 1 oz)
Cookie	1 each	Milk		<input checked="" type="checkbox"/>	1 cup milk (Two varieties offered; one is unflavored)
FF Unflavored and Chocolate Milk	1 cup			<input checked="" type="checkbox"/>	
Weekly Checklist					
<input checked="" type="checkbox"/> Minimum 1/4 cup dark green vegetables	<input checked="" type="checkbox"/> * total cups of vegetable offered weekly (must be ≥ 3 1/2 cups)	<input checked="" type="checkbox"/> No more than 50% of fruit offered is juice			
<input checked="" type="checkbox"/> Minimum 3/4 cup red/orange vegetables	<input checked="" type="checkbox"/> ≥ 2.5 total cups of fruit offered weekly (must be ≥ 2 1/2 cups)	<input checked="" type="checkbox"/> Menu analyzed for sodium, saturated fat, and calories and meets requirements			
<input checked="" type="checkbox"/> Minimum 1/4 cup legumes	<input checked="" type="checkbox"/> ≥ 9 total oz eq of M/MA offered weekly (must be at least 9 oz eq)	<input checked="" type="checkbox"/> At least 50% of grains are whole grain-rich			
<input checked="" type="checkbox"/> Minimum 1/4 cup starchy vegetables	<input checked="" type="checkbox"/> ≥ 8 total oz of grain offered weekly (must be at least 8 oz eq)	<input checked="" type="checkbox"/> No more than 2 oz grain-based dessert offered weekly			
<input checked="" type="checkbox"/> Minimum 1/4 cup other vegetables					

Meeting Weekly Requirements: Fruit



Meeting Weekly Requirements: Fruit



Let's look at the menu we created for the week! We know the daily requirements are being met, but now we need to check the weekly requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Meeting Weekly Requirements: Fruit

Meeting Weekly Requirements: Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit: Applesauce: • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Frozen Grape Juice • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Canned Peaches • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Oranges Wedges • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Dried Cranberries • $\frac{1}{4}$ cup = $\frac{1}{2}$ cup fruit	

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	

Let's take a closer look at the meal pattern chart and our menu planner to see how we did with our fruit component for the week.

According to the meal pattern chart, I need to plan 2½ cups of fruit throughout the week.

If we add all of the fruit we offered each day, did we plan enough for the entire week?



Meeting Weekly Requirements: Fruit

Meeting Weekly Requirements: Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit: Applesauce: • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Frozen Grape Juice • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Canned Peaches • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Oranges Wedges • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Dried Cranberries • $\frac{1}{4}$ cup = $\frac{1}{2}$ cup fruit	2 $\frac{1}{4}$ cups total

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)				5 (4)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		$\frac{1}{2}$		1	
	OVS: minimum amount to count at POS		$\frac{1}{2}$		$\frac{1}{2}$	

If we add:
 $\frac{1}{2}$ cup on Monday,
 $\frac{1}{2}$ cup on Tuesday,
 $\frac{1}{2}$ cup on Wednesday,
 $\frac{1}{2}$ cup on Thursday,
 $\frac{1}{4}$ cup on Friday,

The total amount of fruit planned is 2 $\frac{1}{4}$ cups. That doesn't meet the weekly minimum requirement...



Meeting Weekly Requirements: Fruit

Meeting Weekly Requirements: Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit: Applesauce: • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Frozen Grape Juice • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Canned Peaches • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Oranges Wedges • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fruit	Fruit: Dried Cranberries • $\frac{1}{4}$ cup = $\frac{1}{2}$ cup fruit	2 $\frac{1}{2}$ cups total

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		✓		5 (4)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		$\frac{1}{2}$		1	
	OVS: minimum amount to count at POS		$\frac{1}{2}$		$\frac{1}{2}$	

Wait! I forgot that dried fruit credits as double the volume, therefore my $\frac{1}{4}$ cup of dried cranberries on Friday actually credits as $\frac{1}{2}$ cup. Let's make a note of that so we don't forget next time!

This means that we have a total of 2 $\frac{1}{2}$ cups of fruit planned for the week and that is exactly what we need to meet the weekly minimum requirement.



Meeting Weekly Requirements: Vegetable



Meeting Weekly Requirements: Vegetable



Next, we will want to make sure that we planned enough vegetables and vegetable subgroups to meet the weekly requirements for grades K-8.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	2 ½ cups total
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Meeting Weekly Requirements: Vegetable

Meeting Weekly Requirements: Vegetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	

Total Vegetable (cups)	Weekly (daily)	3 $\frac{3}{4}$ ($\frac{3}{4}$)	5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$	1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$	$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i> Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Dark green		$\frac{1}{2}$	$\frac{1}{2}$	
Red/Orange		$\frac{3}{4}$	1 $\frac{1}{4}$	
Beans/Peas (legumes)		$\frac{1}{2}$	$\frac{1}{2}$	
Starchy		$\frac{1}{2}$	$\frac{1}{2}$	
Other		$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement vegetables from ANY subgroup		1	1 $\frac{1}{2}$	

Let's take a look at the meal pattern chart and our menu planner to see how we did in this department!



Meeting Weekly Requirements: Vegetable

Meeting Weekly Requirements: Vegetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	

Total Vegetable (cups)	Weekly (daily)	3 $\frac{3}{4}$ ($\frac{3}{4}$)	5 (1)	Only 100% vegetable juice is
	Serve Only: minimum amount required at POS	$\frac{3}{4}$	1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$	$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts		
	Dark green	$\frac{1}{2}$	$\frac{1}{2}$	
	Red/Orange	$\frac{3}{4}$	1 $\frac{1}{4}$	
	Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	
	Starchy	$\frac{1}{2}$	$\frac{1}{2}$	
	Other	$\frac{1}{2}$	$\frac{3}{4}$	
	To meet weekly requirement, vegetables from ANY subgroup	1	1 $\frac{1}{2}$	

Let's start by looking at the total amount of vegetables served during the week. According to the meal pattern chart, I need to plan 3 $\frac{3}{4}$ cup vegetables throughout the week.

If we add all the vegetables we offered, each day did we plan enough for the week?



Meeting Weekly Requirements: Vegetable

Meeting Weekly Requirements: Vegetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

Total Vegetable (cups)	Weekly (daily)	3 (1/4)	5 (1)	Only 100% vegetable juice is
	Serve Only: minimum amount required at POS	$\frac{3}{4}$	1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$	$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts		
	Dark green	$\frac{1}{2}$	$\frac{1}{2}$	
	Red/Orange	$\frac{3}{4}$	$1 \frac{1}{4}$	
	Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	
	Starchy	$\frac{1}{2}$	$\frac{1}{2}$	
	Other	$\frac{1}{2}$	$\frac{3}{4}$	
	To meet weekly requirement vegetables from ANY subgroup	1	$1 \frac{1}{2}$	

If we add:
 $\frac{3}{4}$ cup on Monday,
 $\frac{3}{4}$ cup on Tuesday,
 $\frac{3}{4}$ cup on Wednesday,
 1 cup on Thursday,
 $\frac{3}{4}$ cup on Friday,
 The total amount of vegetables planned is 4 cups.

 That meets the weekly minimum requirement!



Meeting Weekly Requirements: Vegetable



Now we need to check our subgroups!

We can fill in the subgroups being served each day and make sure we plan enough of each group.

Let's look a little closer at these subgroups on the next few slides.

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>						
Red/Orange <i>$\frac{3}{4}$ cup required</i>						
Beans/Peas <i>$\frac{1}{2}$ cup required</i>						
Starchy <i>$\frac{1}{2}$ cup required</i>						
Other <i>$\frac{1}{2}$ cup required</i>						

Meeting Weekly Requirements: Vegetable



On Monday,
I planned $\frac{3}{4}$ cup corn.

This is in the starchy
subgroup, so I filled
that in on the chart.

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>						
Red/Orange <i>$\frac{3}{4}$ cup required</i>						
Beans/Peas <i>$\frac{1}{2}$ cup required</i>						
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>						

Meeting Weekly Requirements: Vegetable



On Tuesday, I planned $\frac{1}{4}$ cup carrots, which are red/orange, and $\frac{1}{2}$ cup celery, which is other.

I will add those in on my chart.

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>						
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots				
Beans/Peas <i>$\frac{1}{2}$ cup required</i>						
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery				

Meeting Weekly Requirements: Vegetable



On Wednesday, I planned $\frac{1}{2}$ cup broccoli which is dark green.

Let's fill that in!

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots				
Beans/Peas <i>$\frac{1}{2}$ cup required</i>						
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery				

Meeting Weekly Requirements: Vegetable



Wait! That was only $\frac{1}{2}$ cup and we know that we met our daily requirement of $\frac{3}{4}$ cup because we have already checked that.

Remember we had tomato sauce to go with our spaghetti on this day. That's where our extra $\frac{1}{4}$ cup of vegetable came from! Refer to slide 115 to see the full menu for Wednesday.

Let's add that to our chart!

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce			
Beans/Peas <i>$\frac{1}{2}$ cup required</i>						
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery				

Meeting Weekly Requirements: Vegetable



On Thursday, I planned $\frac{3}{4}$ cup black beans which are in the beans/peas subgroup, and remember we added a $\frac{1}{4}$ cup salsa on this day as well, which is red/orange.

Let's fill those in and refer to slide 115 if needed!

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery				

Meeting Weekly Requirements: Vegetable



Finally, I planned $\frac{3}{4}$ cup green beans which are other on Friday.

Now, look at the chart. Each row represents one vegetable subgroup. Each row contains at least one planned portion and some rows have multiple planned portions.

Meeting Weekly Requirements: Subgroups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Corn: • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • 6 celery sticks = $\frac{1}{2}$ cup vegetable • 3 carrots sticks = $\frac{1}{4}$ cup vegetable • = $\frac{3}{4}$ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • $\frac{1}{2}$ cup = $\frac{1}{2}$ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • $\frac{3}{4}$ cup = $\frac{3}{4}$ cup vegetable Subgroup: Other	4 cups total

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	

Meeting Weekly Requirements: Vegetable



Did I plan at least $\frac{1}{2}$ cup dark green vegetable?

Yes!

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			$\frac{1}{2}$ cup
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		$\frac{3}{4}$ cup
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		$\frac{3}{4}$ cup
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					$\frac{3}{4}$ cup
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	$\frac{1}{2}$ ✓	$\frac{1}{2}$	No maximum for any subgroup. <i>Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange	$\frac{3}{4}$	$1 \frac{1}{4}$	
Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	
Starchy	$\frac{1}{2}$	$\frac{1}{2}$	Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Other	$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup	1	$1 \frac{1}{2}$	

Meeting Weekly Requirements: Vegetable



What about the red/orange subgroup?

Yes! I didn't plan it all at one meal, but I did plan at least $\frac{3}{4}$ cup of red/orange vegetable throughout the week!

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			$\frac{1}{2}$ cup
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		$\frac{3}{4}$ cup
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		$\frac{3}{4}$ cup
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					$\frac{3}{4}$ cup
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	$\frac{1}{2}$ ✓	$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange	$\frac{3}{4}$ ✓	$1 \frac{1}{4}$	
Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Starchy	$\frac{1}{2}$	$\frac{1}{2}$	
Other	$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup	1	$1 \frac{1}{2}$	

Meeting Weekly Requirements: Vegetable



Did I plan at least $\frac{1}{2}$ cup of beans/peas?

Yes! I planned more than the minimum which contributes to the additional 1 cup from any subgroup.

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			$\frac{1}{2}$ cup
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		$\frac{3}{4}$ cup
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		$\frac{3}{4}$ cup
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					$\frac{3}{4}$ cup
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	$\frac{1}{2}$	$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange	$\frac{3}{4}$	$1 \frac{1}{4}$	
Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	
Starchy	$\frac{1}{2}$	$\frac{1}{2}$	Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Other	$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup	1	$1 \frac{1}{2}$	

Meeting Weekly Requirements: Vegetable



Did I plan at least $\frac{1}{2}$ cup starchy?

Yes! I planned $\frac{3}{4}$ cup.

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			$\frac{1}{2}$ cup
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		$\frac{3}{4}$ cup
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		$\frac{3}{4}$ cup
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					$\frac{3}{4}$ cup
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	$\frac{1}{2}$ ✓	$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange	$\frac{3}{4}$ ✓	$1 \frac{1}{4}$	
Beans/Peas (legumes)	$\frac{1}{2}$ ✓	$\frac{1}{2}$	
Starchy	$\frac{1}{2}$ ✓	$\frac{1}{2}$	
Other	$\frac{1}{2}$	$\frac{3}{4}$	Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
To meet weekly requirement, vegetables from ANY subgroup	1	$1 \frac{1}{2}$	

Meeting Weekly Requirements: Vegetable



Did I plan at least $\frac{1}{2}$ cup from the other subgroup?

Yes! I planned $\frac{1}{2}$ cup celery sticks on and $\frac{3}{4}$ cup green beans on. This equals $1\frac{1}{4}$ cup!

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>$\frac{1}{2}$ cup required</i>			$\frac{1}{2}$ cup broccoli			$\frac{1}{2}$ cup
Red/Orange <i>$\frac{3}{4}$ cup required</i>		$\frac{1}{4}$ cup carrots	$\frac{1}{4}$ cup tomato sauce	$\frac{1}{4}$ cup salsa		$\frac{3}{4}$ cup
Beans/Peas <i>$\frac{1}{2}$ cup required</i>				$\frac{3}{4}$ cup black beans		$\frac{3}{4}$ cup
Starchy <i>$\frac{1}{2}$ cup required</i>	$\frac{3}{4}$ cup corn					$\frac{3}{4}$ cup
Other <i>$\frac{1}{2}$ cup required</i>		$\frac{1}{2}$ cup celery			$\frac{3}{4}$ cup Green beans	$1\frac{1}{4}$ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	$\frac{1}{2}$	$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange	$\frac{3}{4}$	$1\frac{1}{4}$	
Beans/Peas (legumes)	$\frac{1}{2}$	$\frac{1}{2}$	
Starchy	$\frac{1}{2}$	$\frac{1}{2}$	Minimum creditable amount to count towards a subgroup is $\frac{1}{8}$ cup.
Other	$\frac{1}{2}$	$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup	1	$1\frac{1}{2}$	

Meeting Weekly Requirements: Vegetable



Now we must check that at least 1 cup of vegetable from any subgroup was planned. Did we do this? Yes! After adding it all up we can see that an extra 1 ¼ cup was planned.

Meeting Weekly Requirements: Subgroups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>½ cup required</i>			½ cup broccoli			½ cup
Red/Orange <i>¾ cup required</i>		¼ cup carrots	¼ cup tomato sauce	¼ cup salsa		¾ cup
Beans/Peas <i>½ cup required</i>				¾ cup black beans		¾ cup
Starchy <i>½ cup required</i>	¾ cup corn					¾ cup
Other <i>½ cup required</i>		½ cup celery			¾ cup Green beans	1 ¼ cup

Vegetable Subgroups (cups)	Minimum weekly amounts		
Dark green	½	✓	½
Red/Orange	¾	✓	1 ¼
Beans/Peas (legumes)	½	✓	½
Starchy	½	✓	½
Other	½	✓	¾
To meet weekly requirement, vegetables from ANY subgroup	1	✓	1 ¼

No maximum for any subgroup.
*Must offer more than minimum weekly values in order to meet weekly total.

Minimum creditable amount to count towards a subgroup is 1/8 cup.

Meeting Weekly Requirements: Grain



Meeting Weekly Requirements: Grain



We'll also need to make sure we planned enough grain to meet the weekly minimum servings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	2 ½ cups total
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	4 cups total <i>All vegetable subgroups met</i>
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Meeting Weekly Requirements: Grain

Meeting Weekly Requirements: Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2

Let's take a closer look at the meal pattern chart and our menu planner to see how we did with our grains for the week. According to the meal pattern chart, I need to plan at least 8 oz eq throughout the week.

If we add all of the grains we offered each day, did we plan enough for the entire week?



Meeting Weekly Requirements: Grain

Meeting Weekly Requirements: Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-11* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2

If we add:
 1 oz eq on Monday,
 1.5 oz eq on Tuesday,
 2 oz eq on Wednesday,
 2 oz eq on Thursday,
 2 oz eq on Friday,
 The total amount of grain planned is 8.5 oz eq.

That meets the weekly minimum requirement!



Meeting Weekly Requirements: Meat/Meat Alternate



Meeting Weekly Requirements: Meat/Meat Alternates



Next, we need to make sure that we planned enough meat/meat alternate to meet the weekly requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	2 ½ cups total
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	4 cups total <i>All vegetable subgroups met</i>
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Meeting Weekly Requirements: Meat/Meat Alternates

Meeting Weekly Requirements: Meat/Meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain

Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2

Let's take a closer look at the meal pattern chart and our menu planner to see how we did with our meat/meat alternate for the week. According to the meal pattern chart, I need to plan at least 9 oz eq throughout the week.


If we add all of the meat/meat alternate that we offered each day, did we plan enough for the entire week?



Meeting Weekly Requirements: Meat/Meat Alternates

Meeting Weekly Requirements: Meat/Meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq Total Grain 7.5 oz eq total Meat/Meat Alternate

Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)		10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2

If we add:
 2 oz eq on Monday,
 1 oz eq on Tuesday,
 1 oz eq on Wednesday,
 2 oz eq on Thursday,
 1.5 oz eq on Friday,
 The total amount of meat/meat alternate planned is 7.5 oz eq.

That is not enough to meet the weekly minimum requirement. Let's look a little closer on the next few slides.



Meeting Weekly Requirements: Meat/Meat Alternates

Meeting Weekly Requirements: Meat/Meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>1.5 oz</u> ground beef = 1 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain 7.5 oz eq total Meat/Meat Alternate

By looking at my menu, I can tell I serve less meat/meat alternate on Tuesday and Wednesday. Let's look at those days to see if I can increase my meat/meat alternate offering to better meet my minimum weekly meat/meat alternate requirement.



Meeting Weekly Requirements: Meat/Meat Alternates

Meeting Weekly Requirements: Meat/Meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>3.5 oz</u> ground beef = 2.5 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain ? oz eq total Meat/Meat Alternate

I think I will just add more meat to my spaghetti sauce for Wednesday. Tuesday is a peanut butter and jelly sandwich- too much peanut butter may not be the best idea!

I'm going to plan to serve 2.5 oz eq of meat, that way I will meet my daily and weekly requirements! Remember, we use the FBG, CN labels or the Product Formulation Statement to determine the portion size of meat that should be served to meet our requirements.



Meeting Weekly Requirements: Meat/Meat Alternates

Meeting Weekly Requirements: Meat/Meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>3.5 oz</u> ground beef = 2.5 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total Grain 9.5 oz eq total Meat/Meat Alternate

Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2

If I serve more meat on Wednesday, then I have planned a total of 9.5 oz eq of meat/meat alternate which meets the weekly minimum for grades K-8!



Meeting Weekly Requirements: Milk



Meeting Weekly Requirements: Milk



Lastly, we'll want to double check that we served enough milk.

Let's take a look on the next slide!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>3.5 oz</u> ground beef = 2.5 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total <i>Grain</i> 9.5 oz eq total <i>Meat/Meat Alternate</i>
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	2 ½ cups total
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	4 cups total <i>All vegetable subgroups met</i>
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Meeting Weekly Requirements: Milk

Meeting Weekly Requirements: Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	

Fluid milk (cups)	Weekly (daily)	5 (1)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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Meeting Weekly Requirements: Milk

Meeting Weekly Requirements: Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	5 cups total

Fluid milk (cups)	Weekly (daily)	5 (1)	Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.
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If we add:
 1 cup on Monday,
 1 cup on Tuesday,
 1 cup on Wednesday,
 1 cup on Thursday,
 1 cup on Friday,
 The total amount of milk planned is 5 cups.

That meets the weekly minimum requirement! We can also see that we planned two different varieties of milk each day. Looks like we nailed the milk component!



Meeting Weekly Requirements: Milk



It looks like we've planned a menu that meets all daily and weekly requirements!

I think that deserves a pat on the back!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • <u>4 each</u> = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • <u>½ cup</u> = 1 oz eq grain	Entrée: Peanut Butter and Jelly Sandwich • <u>2 tbsp</u> peanut butter = 1 oz eq meat/meat alternate • <u>2 slices</u> bread = 1.5 oz eq grain	Entrée: Spaghetti with Meat Sauce • <u>2.5 oz</u> ground beef = 3.5 oz eq meat/meat alternate • <u>1 cup</u> spaghetti = 2 oz eq grain • <u>¼ cup</u> tomato sauce = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Beef and Cheese Burrito • <u>1.5 oz</u> beef = 1 oz eq meat/meat alternate • <u>¼ cup</u> cheese = 1 oz eq meat/meat alternate • <u>2 oz</u> tortilla = 2 oz eq grain • <u>¼ cup</u> salsa = ¼ cup vegetable Subgroup: Red/Orange	Entrée: Chicken Nuggets • <u>4 each</u> chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • <u>1 each</u> roll = 1 oz eq grain • <u>1 each</u> cookie = 0.75 oz eq grain	8.5 oz eq total <i>Grain</i> 9.5 oz eq total <i>Meat/Meat Alternate</i>
Fruit: Applesauce: • <u>½ cup</u> = ½ cup fruit	Fruit: Frozen Grape Juice • <u>½ cup</u> = ½ cup fruit	Fruit: Canned Peaches • <u>½ cup</u> = ½ cup fruit	Fruit: Oranges Wedges • <u>½ cup</u> = ½ cup fruit	Fruit: Dried Cranberries • <u>¼ cup</u> = ½ cup fruit	2 ½ cups total
Vegetable: Corn: • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Starchy	Vegetable: Veggie Dippers • <u>6 celery sticks</u> = ½ cup vegetable • <u>3 carrots sticks</u> = ¼ cup vegetable • = ¾ cup vegetable total Subgroup: Other and Red/Orange	Vegetable: Broccoli • <u>½ cup</u> = ½ cup vegetable Subgroup: Dark Green	Vegetable: Black Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Beans/Peas	Vegetable: Green Beans • <u>¾ cup</u> = ¾ cup vegetable Subgroup: Other	4 cups total <i>All vegetable subgroups met</i>
Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • <u>1 cup</u> = 1 cup milk	5 cups total

Meal Pattern Chart Dietary Specifications



Meal Pattern Chart Dietary Specifications

Dietary Specifications: Weekly Average

Dietary Specifications: Weekly Average Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg)	≤ 1230	≤ 1360	≤ 1230	≤ 1420	The current sodium guidelines (Target 1) were implemented SY 2014-15
Sodium Target 2 implement in SY 2024-25	≤ 935	≤ 1035	≤ 935	≤ 1080	
Saturated fat (% of calories)	≤ 10				
Dietary Specifications: Daily Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

Now that we've planned a menu that meets the component requirements, it's also important to make sure the menu planned will meet the dietary specifications.

If we stay close to the requirements for the components, we should be pretty close to the nutrient specifications too!



Meal Pattern Chart Dietary Specifications

Dietary Specifications: Weekly Average

Dietary Specifications: Weekly Average Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg)	≤1230	≤1360	≤1230	≤1420	The current sodium guidelines (Target 1) were implemented SY 2014-15
Sodium Target 2 implement in SY 2024-25	≤ 935	≤ 1035	≤ 935	≤ 1080	
Saturated fat (% of calories)	≤10				
Dietary Specifications: Daily Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

Calories, Sodium and Saturated Fat have requirements based on a weekly average.

No food can contain Trans Fat, at any time throughout the week.

Be sure to refer to the nutrition fact labels on your products for this information!



The new cheese sauce I tasted at a food expo contains 1 g of trans fat. Can I still incorporate it into my menu?

- A. Yes. The trans fat is less than 5 g, so its allowable.
- B. Yes. Trans fat is looked at on a weekly average, and this low amount probably makes it okay throughout the week.
- C. No. Trans fat is not allowed in any item served. Since this has trans fat in it, it can't be served.



The new cheese sauce I tasted at a food expo contains 1 g of trans fat. Can I still incorporate it into my menu?

- A. Yes. The trans fat is less than 5 g, so its allowable.
- B. Yes. Trans fat is looked at on a weekly average, and this low amount probably makes it okay throughout the week.
- C. No. Trans fat is not allowed in any item served. Since this has trans fat in it, it can't be served.**

Trans fat cannot be in any item served as part of a reimbursable meal. Be sure you are reading the nutrition facts labels and checking the amount of trans fats in each item. This information is found on slide 150 and on the bottom of the meal pattern chart.

Tips to Help You Menu Plan Like a Pro



Tips to Help You Menu Plan Like a Pro

Pro Tip: Think Color and Variety



Try to plan meals that offer variety in color and texture to make the meals more appealing!

Which of these meals looks more appetizing to you?

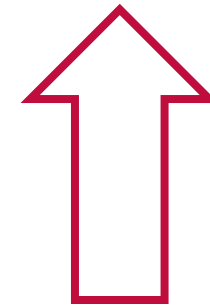
Tips to Help You Menu Plan Like a Pro

Pro Tip: Think Color and Variety



The meal on the left is all the same bland color. Sure, it meets meal pattern requirements, but it looks so boring!

The meal on the right has color and different shapes! I'd pick the meal on the right for sure!



Tips to Help You Menu Plan Like a Pro



Pro Tip: Think About What's Popular Around Town



Burrito bowls with brown rice, diced chicken, black beans, salsa, and even guacamole if you'd like!



Mashed potato bowl with corn, cheese, and popcorn chicken!



Beef, carrots, red bell peppers, and broccoli over brown rice!

Think about creative ways to serve meals similar to what's being sold around town.

These entrées have grains, vegetables, and meat/meat alternates in them and are similar to what can be purchased at a fast food chain!

Could you serve something similar on your menu?

Tips to Help You Menu Plan Like a Pro

Pro Tip: Use Creative Names



OR



Students like trendy names. Here is an example of ways to name your entrées so they sound appealing too! How can you rename your entrées?

Tips to Help You Menu Plan Like a Pro



When planning a menu, first make sure you plan enough of each component to meet the daily and weekly requirements. Then, look for ways to refine and enhance your menu to make it appealing and appetizing for students.

Be sure to visit the [Meal Pattern Requirements webpage](#) for tools and resources to help you plan and review your menus.

How to Plan a Weekly Lunch Menu Summary

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:		Offer versus Serve (OVS):				
<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must SERVE all 5 components in minimum required amount		<ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAt POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable				
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½				No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾				
Beans/Peas (legumes)		½				
Starchy		½				Minimum creditable amount to count towards a subgroup is 1/8 cup.
Other		¾				
To meet weekly requirement, vegetables from ANY subgroup		1				
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	SFAs have the flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly minimum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk must be offered.

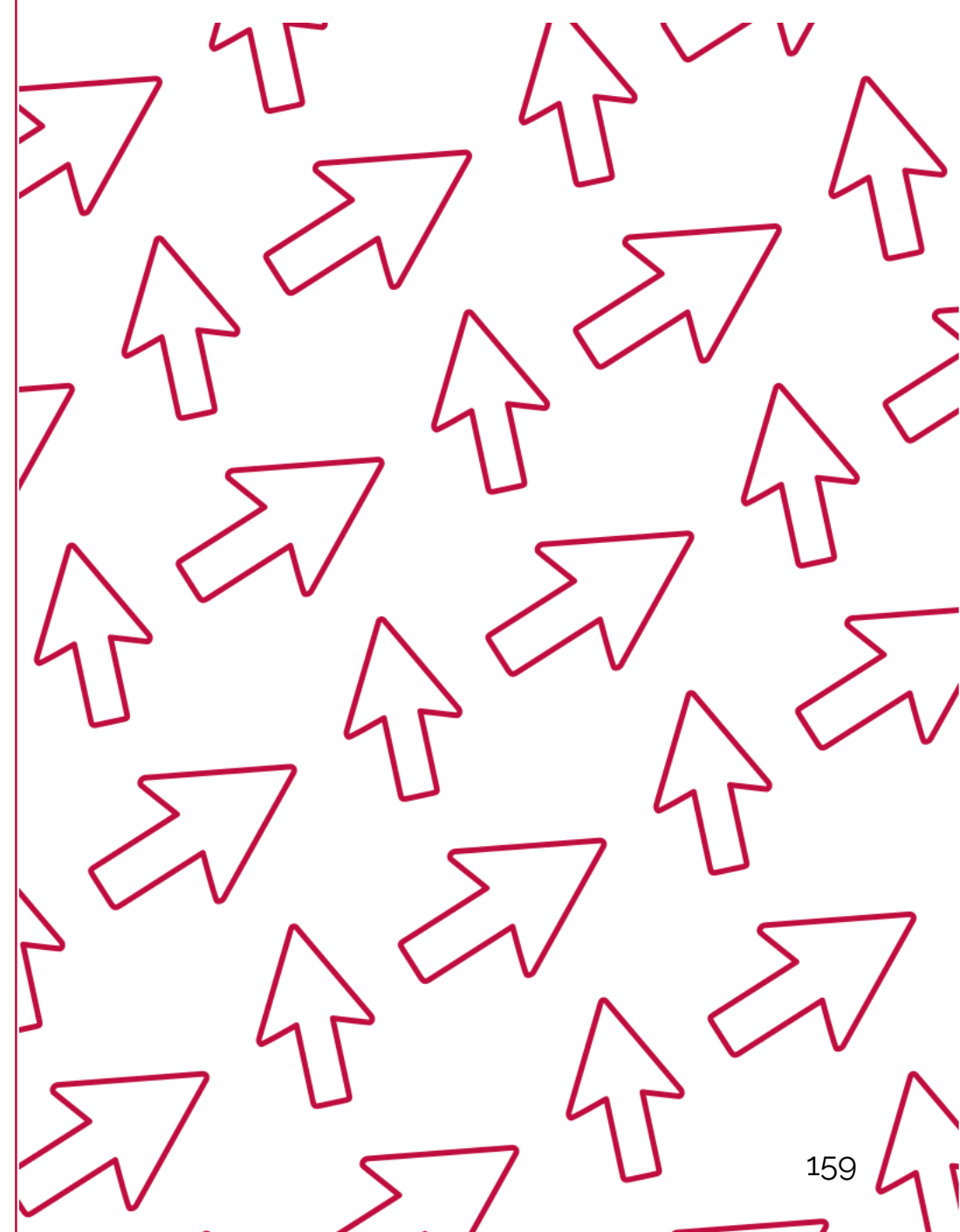
Meal Pattern | April 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Technical Assistance

If you have any questions related to the NSLP Meal Pattern, visit the Meal Pattern Requirements webpage at:

<https://www.azed.gov/hns/nslp/mealpattern/>

You can also contact your School Nutrition Programs Specialist if you have additional questions about the NSLP and menu planning.



Congratulations

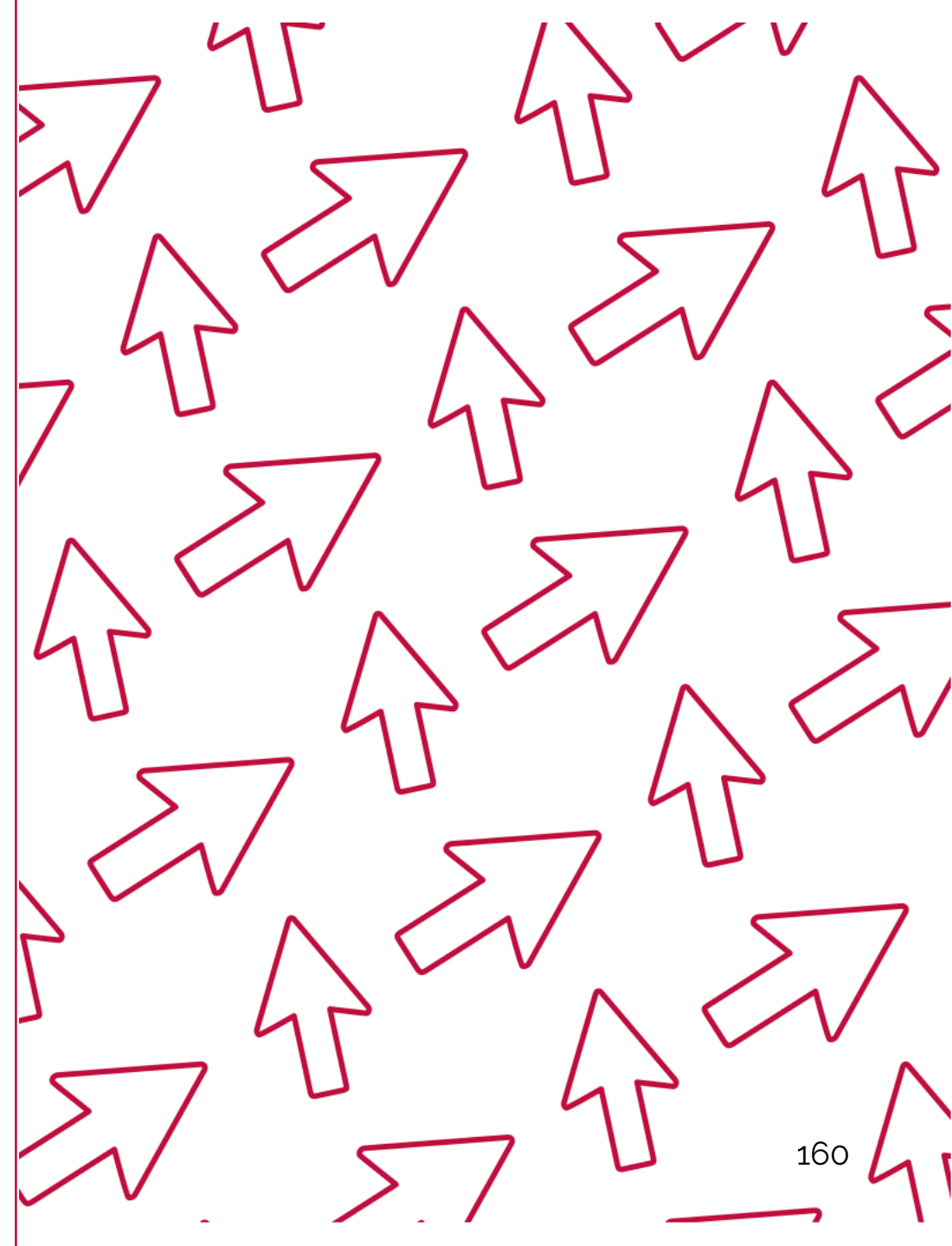
You have completed the Step-by-Step Instruction:
How to Plan a Lunch Menu

In order to count this training towards your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- **Training Title:** How to Plan a Lunch Menu
- **Learning Code:** 1100
- **Key Area:** 1000 – Nutrition
- **Length:** 2.5 hours

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.



Training Certificate

Please click on the link below to complete a brief survey about this training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

**This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/OnlineHowToGuides>

The information below is for your reference when completing the survey:

- Training Title: **How to Plan a Lunch Menu**
- Professional Standards Learning Code: **1100**



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